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ABSTRACT

The projects which the Michigan Council on Physical Fitness and Health undertook in 1978 are reported and described here. The projects and activities include: a school physical fitness program that provided assistance to public, private, and parochial schools in monitoring the physical fitness levels of all students in grades kindergarten through twelve; a cardiovascular health program focused on exercise to strengthen a youngster's heart and activities that teach a young person concepts about the circulatory system, how to take blood pressure, check heart rate, and determine the percentage of body fat; and the drafting of a position statement in support of physical education for all students in Michigan schools. Several other less prominent activities are also reported as well as projected activities and plans for the future. (DS)

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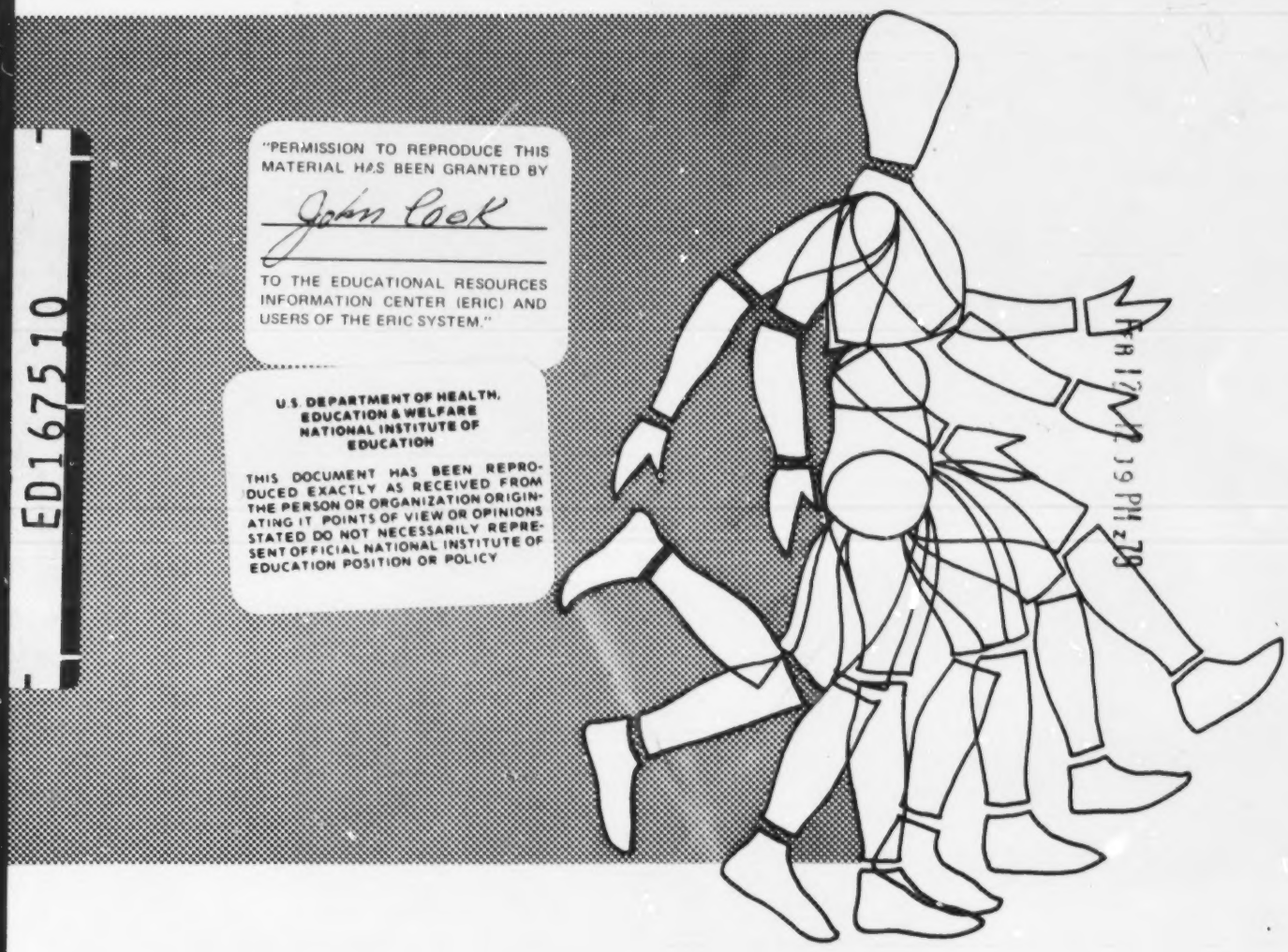

MICHIGAN COUNCIL ON PHYSICAL FITNESS & HEALTH

1978 ANNUAL REPORT

Michigan Council on Physical Fitness and Health

SP 013 789

Michigan Department of Public Health

MICHIGAN COUNCIL ON PHYSICAL FITNESS AND HEALTH

ANNUAL REPORT

to the

MICHIGAN DEPARTMENT OF PUBLIC HEALTH

December 29, 1978

SP 013 789

WILLIAM G. MILLIKEN, Governor

MAURICE S. REIZEN, M.D., Director

STATE OF MICHIGAN
DEPARTMENT OF PUBLIC HEALTH
3500 N. LOGAN, P.O. BOX 30035, LANSING, MICHIGAN 48909

January 2, 1979

The Honorable William G. Milliken
Governor of Michigan
State Capitol Building
Lansing, Michigan

Dear Governor Milliken:

I am pleased to transmit the 1978 Annual Report of the Michigan Council on Physical Fitness and Health to you and members of the Legislature.

In 1978, the Council completed its school fitness and health program - Project Fitness - Phase I and has begun to carry out Phase II. The Council has also been involved in cardio-vascular health programs in one school district, and has issued a position paper on the need for daily physical education in all Michigan schools. In addition to these activities related to young people, the Council established the Governor's Physical Fitness and Health Award, has developed a continuing information program, and has worked cooperatively with a variety of State and local agencies in promoting physical fitness and health activities.

In 1979, the Council plans to continue its present programs, and to expand its efforts to better serve the handicapped, minority groups, the aged, and other population groups of Michigan communities.

Thank you for your support of the Council.

Sincerely,

Maurice S. Reizen, M.D.
Director

MICHIGAN
THE GREAT LAKE STATE

"Equal Health Opportunity for All"

MICHIGAN COUNCIL ON PHYSICAL FITNESS AND HEALTH

Michigan Department of Public Health
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December 29, 1978

Maurice S. Reizen, M.D.
Director
Michigan Department of Public Health
3500 North Logan Street, P.O. Box 30035
Lansing, Michigan 48909

Dear Doctor Reizen:

As chairperson of the Michigan Council on Physical Fitness and Health, I respectfully transmit to you the Council's 1978 Annual Report.

The report reviews past accomplishments of the Council, summarizes its achievements during 1978, and outlines Council plans for the future.

Your cooperation along with the dedicated service of the Council members is greatly appreciated.

Sincerely,

Stephen J. Galetti

Stephen J. Galetti
Chairperson

SJG/clb

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Introduction

The Michigan Council on Physical Fitness and Health is an advisory council of the Michigan Department of Public Health. It was created on March 25, 1975 when Governor William G. Milliken signed Executive Order 1975-3. Governor Milliken appointed the Council membership on September 22, 1976.

The Council's first meeting was held on November 19, 1976. From that date to the date of this report the Council has met on 16 separate occasions. During this time the Council has worked toward fulfilling the following goals.

1. Promote and stimulate physical fitness and health as an integral part of the total education of all children and youth, kindergarten through grade 12, as well as the training of professional personnel.

2. Promote, stimulate, and disseminate model demonstration physical fitness and health programs in the private and public sectors.

3. Identify the role of state and local government as a motivator and regulatory agency of physical fitness and health.

4. Identify marketable techniques of physical fitness and health for the people of Michigan to assist them in achieving a better quality of life.

The Council's first statewide project, titled "Project Fitness - Phase I," was recommended to the Department and initiated in 1977. It provided assistance to public, private, and parochial schools in monitoring the physical fitness levels of all students in grades kindergarten through twelve.

Also in 1977, the Council recommended and received Department endorsement of a cardiovascular health program for youth titled "Feelin' Good."

The program focused on exercise to strengthen a youngster's heart and activities that teach a young person concepts about the circulatory system, how to take blood pressure, check heart rate, and determine the percentage of body fat. The program also included discussions and activities on nutrition, physical fitness, and the hazards of obesity, smoking, and stress.

The budget for fiscal year 1977-78 totalled $15,000. Of this amount, $10,000 could be accepted in donations for Council projects and $5,000 was allocated from state general funds for operating expenses of the Council.

1978 Activities

Project Fitness - Phase I

A total of 334 schools from 76 school districts participated in "Project Fitness - Phase I" during the 1977-1978 school year. Half of the school districts used the Michigan Association for Health, Physical Education, and Recreation (M.A.H.P.E.R.) test battery; the others used the American Alliance for Health, Physical Education, and Recreation (A.A.H.P.E.R.) Youth Fitness Test Battery.

Test scores were not requested by the Council in Phase I. Schools were urged to keep the scores and use them to measure the physical fitness progress of their students.

More than 600 teachers from the participating school districts administered the fitness testing. They were recognized by the Council in the spring of 1978 with Governor's Awards. School superintendents and administrators were encouraged to present the awards during Michigan Physical Fitness and Health Week, May 1-7, 1978.

The school districts that participated in "Project Fitness - Phase I" are listed below by county:

Alcona
Alcona Community Schools, Lincoln

Alger
Burt Township Schools, Grand Marais

Alpena
Alpena Public Schools
Immanuel Lutheran School, Alpena

Bay
Immanuel Lutheran School, Bay City

Berrien
Bridgman Public Schools

Calhoun
Battle Creek Public Schools
Pennfield Schools, Battle Creek
Homer Community Schools

Cass
Edwardsburg Public Schools
Marcellus Community Schools

Chippewa
Pickford Public Schools

Delta
Mid Peninsula Public Schools, Rock

Dickinson
- Iron Mountain Public Schools
- Breitung Township Schools, Kingsford

Eaton
- Potterville Public Schools
- Loucks School, Mulliken

Genesee
- Atherton Community Schools, Burton
- Linden Community Schools

Grand Traverse
- Interlochen Arts Academy

Gratiot
- Breckenridge Community Schools
- St. Louis Public Schools

Hillsdale
- Camden-Frontier Schools, Camden
- North Adams Public Schools
- Jonesville Community Schools

Houghton
- Hancock Public Schools
- Adams Township School District, Painesdale

Huron
- Caseville Public Schools
- North Huron Schools, Kinde
- Cross Lutheran School, Pigeon

Ingham
- Lansing School District

Kent
- Grand Rapids Public Schools
- Diocese of Grand Rapids
- Grand Rapids Christian School Association
- Martin Luther School, Grand Rapids
- Immanuel-St. James Lutheran School, Grand Rapids
- Climbing Tree School, Grand Rapids
- Holy Spirit School, Grand Rapids
- Marywood Academy, Grand Rapids
- Godfrey-Lee Public Schools, Wyoming

Lenawee
- Britton Macon Schools, Britton
- Glen Lake Community Schools, Maple City

Livingston
- Fowlerville Baptist School

Macomb
- St. Peter Lutheran School, East Detroit
- St. Thomas Lutheran School, East Detroit
- L'Anse Creuse Public Schools, Mt. Clemens
- Romeo Community Schools
- South Lake Schools, St. Clair Shores

Mecosta
- Big Jackson School, Paris

Montcalm
- Greenville Public Schools

Muskegon
- Central Christian Academy, Muskegon
- Oakridge Public Schools, Muskegon
- North Muskegon Public Schools

Oakland
- Ferndale School District
- Hazel Park Public Schools
- Royal Oak Public Schools

Oceana
- Shelby Public Schools

Ottawa
- Spring Lake Public Schools

St. Clair
- Port Huron Area School District
- Yale Public Schools

St. Joseph
- Centreville Public Schools
- Colon Community Schools
- Sturgis Christian School
- Sturgis Public Schools

Tuscola
- Cass City Public Schools

Washtenaw
- Ann Arbor Public Schools
- Grace Lutheran School, Ann Arbor
- Saline Area Schools

Wayne
Dearborn Public Schools
Archdiocese of Detroit
Detroit Urban Lutheran School
Greenfield Peace Lutheran School, Detroit
Hosanna-Tabor Lutheran School, Detroit
St. Philip Lutheran School, Detroit
Flat Rock Community Schools

Wexford
Buckley Community Schools

Project Fitness - Phase II

Project Fitness - Phase II was recommended by the Council for Department endorsement in July 1978. It was endorsed by the Department in August 1978.

Also in August 1978, letters were sent to school superintendents explaining the project and encouraging their school's voluntary participation.

In Phase II of the project, schools are again asked to monitor the fitness levels of boys and girls in grades K-12. The Council is recommending that the A.A.H.P.E.R. Youth Fitness Test be used so that levels of achievement by students can be identified as compared to national norms.

Although the A.A.H.P.E.R. Youth Fitness Test has norms only for students 10 through 17 years of age or in grades 5 through 12, the Council is encouraging the use of some or all of the test for boys and girls in grades K through 4 or up to age 10. The Council feels that these children will accept the challenge, do surprisingly well, and begin establishing good exercise habits if given the chance to take the test.

Also in "Project Fitness - Phase II," schools are urged to make provisions for testing handicapped students. Recommended test items for handicapped students are available through A.A.H.P.E.R., 1201 16th St., N.W., Washington, D.C. 20036.

The primary difference between Phase I and Phase II of "Project Fitness" is that in Phase II scores on the spring 1979 test are being requested by the Council on a voluntary basis. The scores will be used by the Council to measure physical fitness progress of boys and girls statewide.

Feelin' Good

The cardiovascular health program for youth titled "Feelin' Good" was conducted at the Northwest Middle School in Jackson, Michigan on a pilot basis from October 1977 until April 1978. It was sponsored by the Jackson Heart Association.

Over 600 sixth and seventh grade students were enrolled in the program while over 200 students from other schools in the Northwest School District also participated.

As a result of the program, candy machines were removed from the District's Middle School and students brought healthful snacks to eat such as dried fruit.

Since the pilot program was conducted, Dr. Charles Kuntzleman, program coordinator and a Council member, has held several workshops throughout the state and is arranging to have the program conducted in more Michigan schools.

Daily Physical Education In Michigan Schools

A position statement in support of daily physical education for all students in Michigan schools was recommended by the Council and adopted by the Department in 1978.

The position statement reads as follows:

The Michigan Council on Physical Fitness and Health supports the concept of daily physical education for all students in grades kindergarten through 12 of all Michigan schools.

The Council states this position because physical education, with emphasis on physical fitness, can enhance a student's health and well-being.

Physical fitness may provide a full and satisfying life. It has a bearing on good physical, mental and social health.

Obesity is epidemic in America. A significant number of physicians believe that excessive weight may lead to hypertension, diabetes, gall bladder and liver disease, osteoarthritis, and heart irregularities. Since physical activity is associated with counteracting obesity, it is believed that physical fitness can help prevent these physical disabilities.

From a psychological standpoint, physical activity may reduce tension, promote alertness, and improve a student's self-concept. These benefits may well have a positive influence on the student's performance in the classroom situation. An improved self-concept can also improve a student's social life. If a student is comfortable with himself or herself, it enables the student to be comfortable with others and a better relationship evolves.

The Special Advisors on Business and Industry of the President's Council on Physical Fitness and Sports state, "Substantial evidence supports the belief that serious chronic health problems, such as heart disease and low back disabilities, begin in childhood and adolescence. Therefore, we strongly urge all school districts to require daily physical education for all children and youth for grades K-12."

The Michigan Department of Education has issued guidelines recommending that physical education instruction be provided daily for all students K-12. The Michigan Council on Physical Fitness and Health supports the guidelines of the Michigan Department of Education and recommends that physical education instruction be provided to all students for a minimum of 30 minutes per day at the elementary level and for one period per day at the junior and senior high level.

A physical education program should include:

(1) Exercises that develop cardio-respiratory endurance, flexibility, and muscular strength.

(2) Noncompetitive as well as competitive activities.

(3) The teaching of life-time sports, such as tennis and cross-country skiing, that can be continued after leaving school.

(4) Promotion of the enjoyment of participating in physical activity and emphasis on the development of skills.

(5) Instruction on the effects of exercise and the how and why of physical activity.

A resolution urging all Michigan school districts to require daily physical education for all students, including the handicapped, was endorsed on May 12, 1978 by the Board of Trustees of the Michigan Association of Osteopathic Physicians and Surgeons, Inc.

Titled "Physical Education - An Essential School Subject To Hold Down Escalating Medical Costs," the resolution was recommended by the Council and adopted by the Department early in 1978.

The rationale for the resolution was that many times when budget cuts become necessary, schools will elect to reduce their physical education program - especially at the elementary education level where its needed most. In view of this, it was felt that endorsement of the resolution by organizations like the Michigan Association of Osteopathic Physicians and Surgeons, Inc. would be influential in the retention and improvement of physical education as a preventive health measure.

The resolution reads as follows:

WHEREAS, money spent on health care in the United States increased from $12 billion in 1950, to $67 billion in 1970, and to $118.5 billion in 1975; and

WHEREAS, one of the reasons for this increase is the cardiovascular disease epidemic which kills more people in Michigan than all other causes of death combined; and

WHEREAS, substantial evidence supports the belief that cardiovascular disease begins in childhood and adolescence and that one of the risk factors is a lack of sufficient exercise; and

WHEREAS, a relationship exists between quality physical education and the physical activity habits of adults;

THEREFORE, be it resolved that the Michigan Association of Osteopathic Physicians and Surgeons Incorporated strongly urges all school districts to require daily physical education for all children and youth in grades K-12.

In addition, the Association recommends that school districts emphasize the following areas in physical education:

Identification of the physically underdeveloped pupil and provision for appropriate, progressive, developmental physical activities to correct this condition.

The attainment of an optimal level of physical fitness by all pupils.

Governor's Physical Fitness And Health Award

The Governor's Physical Fitness and Health Award was established by the Department as recommended by the Council in January 1978. Persons eligible for the award are those who had demonstrated a maximum effort in the development of or participation in programs of physical fitness and health in Michigan and are residents of the state.

Eight nominations were submitted for the 1978 award. After reviewing these nominations, the Council's Award Committee narrowed the selection to two individuals - Joyce Tice of Kent City and Lloyd Morgan of Detroit. Since both individuals had such outstanding qualifications, it was decided that they would be co-recipients of the award.

Mrs. Tice, 39, a wife and mother of three teenage boys, is a physical education teacher in Sparta Middle School of Sparta. She also teaches physical fitness classes in her church and school community.

Lloyd Morgan, 72, has served as physical fitness director for the United

Auto Workers in Detroit for the past 12 years. He spent 41 years as physical fitness director at various YMCAs in Pennsylvania and at the Hannon branch of the YMCA in Detroit.

In naming the award recipients Governor William Milliken stated, "The real reward of physical fitness is health and the energy and alertness to meet life's challenges. I am very pleased to officially recognize the contributions the 1978 winners have made to their communities and families by their leadership and dedication to physical fitness."

On October 7, 1978, Mrs. Tice and Mr. Morgan were presented their awards by Stephen Galetti, Council Chairperson, during halftime of the Michigan - Arizona football game which was played in Ann Arbor.

Other Activities

The Council has also been involved with:

* Reviewing the latest information on physical fitness as provided by articles, reports on conferences, and publications from the President's Council on Physical Fitness and Sports.

* Gaining information from consultants on various health matters - chronic disease (hypertension, diabetes); injuries to students in schools; bicycle safety; nutrition; health facilities (hospitals, homes for the aged, nursing homes); local health; recreation; health needs of minority groups; alcoholism - in determining how physical fitness activities might be helpful in dealing with them.

* Distributing information on physical fitness and Council activities by means of a quarterly newsletter, speeches, news releases to the mass media, reports, and letter and telephone correspondence.

* Maintaining a file of printed information, films, and slides pertaining to physical fitness.

* Working cooperatively with the President's Council on Physical Fitness and Sports on administrative and promotional matters.

* Working cooperatively with the Michigan Association for Health, Physical Education, and Recreation on promoting physical fitness in Michigan.

* Working in an advisory capacity with the Michigan Heart Association, Michigan Office of Services to the Aging, and Lansing Community College on physical fitness programs.

* Establishing liaison with the Michigan Department of Education and Michigan Department of Natural Resources.

* Recommending the endorsement of publications and programs of other organizations that deal with physical fitness and health.

* Recommending support for legislation that promotes physical fitness and health.

Future Activities

The Council plans to:

* Continue recommending Department support of "Project Fitness" which deals with monitoring the physical fitness levels of students in grades kindergarten through twelve of Michigan schools.

* Continue recommending Department endorsement of "Feelin' Good" - the cardiovascular health program for youth.

* Seek nominations for the Governor's Physical Fitness and Health Award and arrange for the presentation of the award.

* Continue seeking support for the resolution on daily physical education for all students, including the handicapped, in grades kindergarten through twelve of Michigan schools.

* Initiate and recommend Department support of new model demonstration physical fitness and health programs in the private and public sectors to include programs for communities, business and industry, the handicapped, the disease striken, the aged, and minority groups.

* Promote events held throughout the state that deal with physical fitness and are conducted in a safe manner.

* Promote the construction of bikeways and community exercise trails throughout the state.

* Recommend Department support of a physical fitness conference or workshop for educational purposes.

* Continue recommending support for legislation that promotes physical fitness and health.

* Continue promoting physical fitness and health through the mass media and Council publications such as the quarterly newsletter.

* Continue working with other organizations having programs or an interest in physical fitness and health.

* Continue answering requests for information on physical fitness and health.